

Burrell Behavioral Health
Columbia TAY Team
Columbia TAY-BH/DD Team
Sedalia TAY Team
Springfield Adult Team
Springfield TAY Team
Springfield IMPART Team

BJC
St. Louis TAY Team

Compass Health
Nevada Adult Team
Belton TAY Team
St. Charles TAY Team
Jefferson City TAY Team
Clinton Specialized Team

Family Guidance Center
St. Joseph Adult Team

Ozark Center
Joplin Adult Team
Joplin TAY Team

Places for People
St. Louis Adult teams:
ACT 1 Team
Home Team
IMPACT Team
FACT Team

Preferred Family Healthcare
Hannibal TAY-ITCD Team

St. Patrick Center
St. Louis Adult Team

Hopewell
St. Louis TAY Team

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Assertive Community Treatment

MO ACT NEWSLETTER ISSUE 26 SPRING 2020

Hello from DMH by Lori Norval

In these trying times, DMH is focused on ensuring our ACT programs are as supported as possible. Not only have changes been made to help support billing of services but also to relaxing the typical requirements for documentation, fidelity and other activities. For a memo regarding these changes, including modified ACT codes, please check these links:

<https://dmh.mo.gov/media/pdf/covid-19-memo-2-revised-temporary-program-changes-and-billing-guidance-related-covid-19> and
<https://dmh.mo.gov/media/pdf/cps-codes-cr-modifiers>

Our DMH COVID-19 website is also available here: <https://dmh.mo.gov/covid-19-information> and has several resources, memos and information for providers. It is a power packed website that all ACT staff should have bookmarked and utilize for their work during this current crisis. Information is power and helps everyone involved feel more in control and supported during times like these.

Our national TMACT developers have also jumped into action and begun not only a specialized website for ACT teams during the COVID-19 crisis but also continue to offer subscriptions to their ACT listserv and a series of webinars on Mondays for all teams across the country, addressing the crisis.

The link for the TMACT resources site is here:
<https://www.institutebestpractices.org/act/resources-training/> where you can join the

listserv and the ACT discussion forum.

In addition to the regular ACT forum, they have also created a special forum for the COVID-19 crisis. The National ACT (Within the COVID-19 Pandemic forum) is an excellent resource for guidance during this time. **We encourage everyone to join and contribute to the forum.**

Here's the link: <https://forum-19.freeforums.net/> We are monitoring this forum and sending you highlights that may be pertinent to ACT.

In the meantime you can be assured that DMH staff are available for your questions, continued training and technical support as well as directing you to additional resources in your local communities.

We are concerned about your well-being as you weather this storm, especially the susceptibility to compassion fatigue. Healthcare providers must attend to their own energy level, wellness and safety during this time. We encourage teams to develop a crisis plan on themselves—including creative ideas for rotation of staff, how to provide care with reduced work hours, safety precautions, collaborating with each other by virtual means, involving the physicians and nursing staff in critical decision making for the team and client well being. Know we are behind you 100%, thinking and praying for you all.

Stay well everyone.

MIMH Compassion Fatigue Training

**April 30, 2020 from 1:30 to 3:30 pm
Online**

[Register Today!](#)

Description:

This course is intended for behavioral health workers who wish to learn more about how experiencing traumatic events, either directly or indirectly, as a first responder reacting to an emergency or crisis situation may impact their professional and personal wellbeing.

Objectives:

- Define and discuss the impact of trauma, vicarious trauma, and burnout on professional and personal wellbeing
 - Identify compassion fatigue and burnout warning signs
- Describe individualized self-care and resiliency strategies to mitigate the damaging impacts of trauma and associated stress responses
 - Discuss implementing systematic change and support; policies and procedures

Presenter:

Isaac Sandidge, MA

Isaac Sandidge graduated from Eastern Illinois University with an MA in Gerontology. He has over 7 years of experience as a clinician in community behavioral health centers. Sandidge organized, implemented and conducted New Employee Orientation for all staff within the community behavioral health organizations on topics such as Motivational Interviewing, Recovery Oriented Services, Personal Growth, Life Safety, Corporate Compliance, Trauma-Informed Care and Compassion Fatigue, Enhancing Consumer Engagement, ASAM, Golden Thread, IL Rule 132, DLA-20, PHQ9, and Mental Health First Aid. He is currently an instructor in Adult and Youth Mental Health First Aid with certification in Public Safety, Higher Education, and Older Adult modules of the program.

Sandidge is also an instructor for CALM (Counseling on Reducing Access to Lethal Means, and Conversations on Reducing Access to Lethal Means).

For more information:

[Click Here](#)



To find past issues of the ACT Newsletter, go to the DMH—ACT page at:

<https://dmh.mo.gov/mental-illness/provider/act>

Scroll down to “newsletters” and find your archived online copy!

NAMI Support Group listings can be found at:

<https://namimissouri.org/support-groups/>

Missouri ACT is on the web!

<https://dmh.mo.gov/mental-illness/provider/act>

NEW FACES IN ACT!

Burrell Columbia TAY Team:

Shannon Dietzel – SEE Specialist
Christine Temporal – RN
Jazmin Simms – CSS

Burrell SW TAY Team:

Samantha Glaubitz – Peer Specialist

Burrell IMPART Team:

Rachel Hudson – CSS/Practicum Student
Catherine Horne – RN

Compass Health Specialized Henry County Team:

Paige Bearden – Team Leader

Compass Health Metro Team:

Chelsey Kerr – I.H.S.
Victoria Zarillo – Team Leader
Mollie Spencer – RN

Compass Health St. Charles TAY Team:

Marlene Smith – I.H.S.
Chad Joyce – Peer Specialist

Compass Health Nevada Adult Team:

Cody Bond – Therapist

Hopewell TAY Team:

Marsha Kempf – Nurse Practitioner
Darrick Carter – Peer Specialist

Ozark Center Adult Team:

Jonathan Bobb – Peer Specialist

Family Guidance Center:

Enaile Brant – Program Assistant

Places for People – Home Team:

Martha Orlet – RN
Maria Pulizzo – COD Specialist

Preferred TAY Team:

Ally Cross – LPN
Tracy Lynn-CSS

Places for People – ACT 1 Team:

Sam McCullough-Occupational Therapist

Burrell SW TAY Team:

Faith Clark – RN
Melissa Matthews – Program Assistant

ACT Tips & Tools of the Trade

WRAP plans (Wellness Recovery Action Plans) are of great help to individuals in action stages of treatment who wish to outline a plan ahead of crisis or distress or to maintain their recovery path. The plan includes very individualized information, developed by each person served, that can assist them in overcoming adversity and challenge or to practice coping to address any area of their lives. The plan is flexible, adaptable and can be changed at any time.

WRAP plans become part of both the treatment plans and the crisis plans for individuals wishing to gain consistency across all their treatment. ACT team staff should be acquainted with the WRAP plan and support the efforts to address

areas of concern before they develop.

DMH provides WRAP training for those interested in using WRAP with clients. Those training dates will be made available in the coming months.

Learn more about WRAP by visiting the website at

<https://mentalhealthrecovery.com/>

and introducing the concept to your persons served.

Does your team work with young adults?

<https://dmh.mo.gov/media/pdf/orientation-navigate-program-first-episode-psychosis>



For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

<https://dmh.mo.gov/mental-illness/provider/act>

And click on ACT & Transition Aged Youth



Follow PACTwise team solutions 'blog for interesting articles written by fellow ACT staff with over 30 years' experience in the field at: <https://pactwiseblog.com/>

TEAM MEMBER SPOTLIGHT

Name: Martha Orlet

Team/Location: Home Team at Places for People

Position/Role: Nurse (RN)

Favorite thing about working on ACT team:

Working as a team with the persons served and my colleagues - we make a good team all together.

Favorite Food: Chicken Tikka Masala

Something to share with other ACT teams: My dad has also worked as an ACT nurse - it has been really meaningful to learn about this intensive role from him too throughout the years.

TMACT Corner

TMACT 1.0 Revision 3—Degrees of Evidence Based Activities

The ACT protocol measures the degrees of how much use of the Evidence-Based Practices are occurring for each specialty member, including co-occurring treatment, supported employment and education and peer support. An examination of all sources to determine the level that these services are seen in services occurs in reviews. Teams will rate a high, moderate or low degree of these services based on all the sources, including chart reviews, interviews, observation of team meetings, client visits and group observations. The data is compared to the information the team provided in pre-survey data. The sources either supports or does not support the team's report. A high degree would be deemed as 80% or more of the specialist's involvement in the practice, across all data sources combined. This level is desirable for ACT clients to benefit from the evidence-based specialized services unique to ACT.

You can receive ACT specific technical assistance from DMH staff. They are happy to assist!

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RESOURCES



Center for Evidence-Based Practices at Case Western Reserve University

<http://www.centerforebp.case.edu/>

Individual Resiliency Training (IRT)

<http://navigateconsultants.org/manuals/>

Copeland Center for Wellness and Recovery

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Division of Behavioral Health Employment Services

<https://dmh.mo.gov/mental-illness/employment-services>

IPS Employment Center

<https://ipsworks.org/>

Certified Peer Specialist

<https://dmh.mo.gov/mental-illness/peer-support-services>

SSI/SSDI Outreach, Access and Recovery (SOAR)

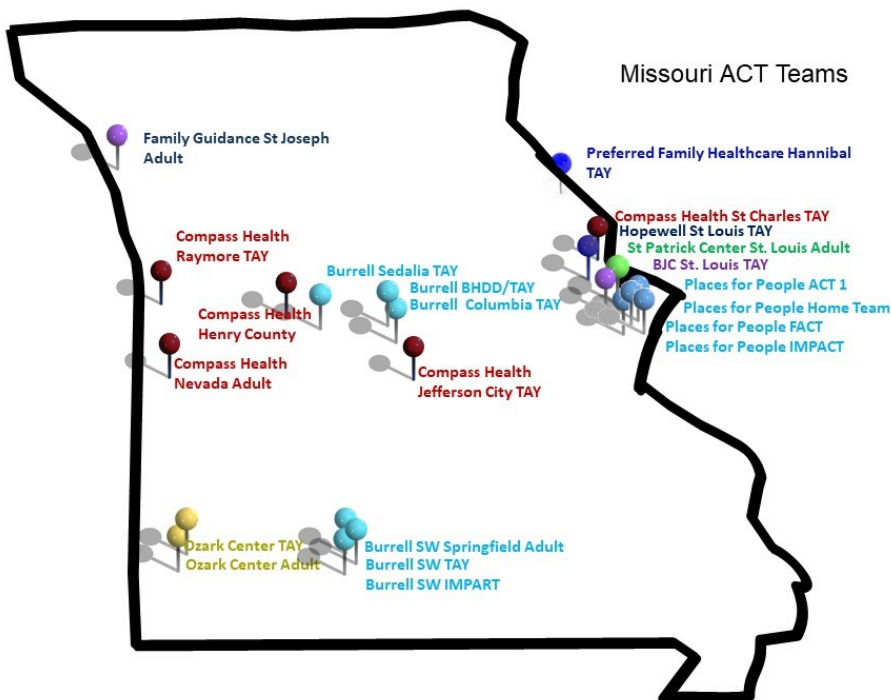
<http://soarworks.prainc.com/>

Missouri Recovery Network

www.morecovery.org

Institute for Best Practices (TMACT website)

<https://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/>



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To access the free and downloadable **Supported Housing Toolkit** on the Substance Abuse and Mental Health Services Administration (SAMHSA) website:

[CLICK HERE](#)

Take the free **SOAR online training course** by visiting

<http://soarworks.prainc.com/course/ssissdi-outreach-access-and-recovery-soar-online-training>

ACT Quarterly Reports and Fidelity

DMH has been collecting client outcome data from the ACT teams for many years. The outcome data is assembled annually into graphs which indicate trends across ACT clients and can be used to compare team to team data as well as overall trends throughout the year.

Last year, a database was created that allows outcome data to be sorted and includes parameters for reports to be produced. These reports can provide outcome data for each individual team from the years it has been collected. DMH is now using this database to analyze statistical data and compare it with fidelity scores from the TMACT Protocol obtained from recent fidelity reviews. For example, our study examines if certain outcome factors are related to fidelity scores. Factors such as hospitalizations, employment and education, and others may be related to certain fidelity subscales.



With this information, teams can receive targeted trainings to improve their client outcomes. Also they can use their fidelity measures to understand more clearly how they may increase or decrease desirable outcomes for their enrolled clients.

As we explore further and refine our method to determine statistically significant correlations and comparisons, we will be providing this information to ACT team staff.



Arts & Literature



Expression



Creativity

SUBMIT ART, POETRY, PHOTOS, TESTIMONIALS, SHORT STORIES, PHOTOS OF PAINTINGS, SCULPTURE, ETC.—TO LORI.NORVAL@DMH.MO.GOV, WITH YOUR PERSONS' SERVED PERMISSION AND WHETHER THEY WISH TO HAVE THEIR NAME AND LOCATION LISTED ALONG WITH THEIR ART.